

## Your reason to quit tobacco is uniquely yours.

And we can make a quit plan tailored to your why.




Call the Nebraska Tobacco Quitline for a free consultation.



Talk with us about your wants and needs for quitting tobacco.



Receive free support that will help you quit.



NEBRASKA  
TOBACCO  
QUITLINE

## What do kids and quitting tobacco have in common?

Neither come with instruction manuals.

It's all about doing the best you can with what you've got and never giving up. When it comes to quitting tobacco, the Nebraska Tobacco Quitline has your back. **Free support services are available to all Nebraska parents and guardians.**

**Call or go online now for 24/7 access to free support.**

**1-800-QUIT-NOW**  
(784-8669)

**1-855-DÉJELO-YA**  
(335-3569)

**QuitNow.ne.gov**



NEBRASKA  
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## Are you ready to quit tobacco?



## Did You Know?



Firsthand smoke exposure can lower estrogen levels in women and increase the risk of erectile dysfunction in men.



Secondhand smoke exposure can increase a baby's risk of lung infections and being born at a low birth weight.



Thirdhand smoke leaves toxic residue on just about everything it touches well after the smoke has cleared. This includes blankies, binkies and toys—items babies and young children commonly put in their mouths.

Visit [smokefree.gov](https://smokefree.gov) and [mayoclinic.org](https://mayoclinic.org) to learn more about these health effects.

# New life. New start.

Your decision to  
quit tobacco use  
is a good idea.

## You have experts in your quit corner.

The Nebraska Tobacco Quitline's team of experienced quit coaches understand the ins and outs of quitting **all forms** of tobacco and nicotine usage. Reach out to us for free support any time, we're here to help you.

Be sure to talk with your healthcare provider about medication options to further support your quit.

## Take the first step.

Quitting is important to the health and happiness of your entire family. With the right mindset and support system, living tobacco free can become a part of your family's new reality.

**Call today.**